LEARN ABOUT different types of child care settings

• Family Child Care Homes—This type of care takes place in the child care provider's home.

- Child Care Centers—Most of the time, child care centers are bigger than family child care homes and can be run by an individual, business, school, church or public agency.
- In-Home Care—In-home care is when someone comes to your home to care for your child. It can be a friend, relative, nanny or babysitter.
- Home Care Providers—Home care providers take care of their own children and children from other families. Children go to the provider's home for care.



ASK A LOT of questions, such as:

 What do you like about working with children?

- How many children does each adult care for?
- How do you discipline the children? (Make sure they never hit or shake babies or children.)
- Can I visit anytime?
- What foods and drinks do they provide?
 - What do you do in emergencies? Are you trained in first aid and CPR?
 - Can a child come to the center or home when he or she is sick?



CHILD CARE TIPS

CHOOSING THE RIGHT CHILD CARE

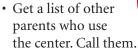
What you can do to find quality child care



VISIT CHILD CARE places when children are there

- Look to see how the child care staff read, talk and play with the children.
- Make sure it is clean and safe.
- Make sure that nutritious food is served.
- See if they have lots of different playthings for children.

OTHER TIPS to remember:





- Call TrustLine and check on child care workers.
- Ask for your provider's DMV record if he or she drives children.
- Trust your instincts and hire someone you and your child like.
- Talk with your provider and share stories about your child at least two or three times a week



TALK WITH the child care worker(s). Find out if:

- The staff has special training.
- The caregivers are experienced.
- The staff has been there awhile.

NEED HELP finding quality child care?

California Child Care Resource & Referral Network: (800) 543-7793

TrustLine:

(800) 822-8490

Child Care Connection:

(800) 543-7793